

A KOPS is the finished product of all of you. They are the result of months, maybe even years of self-denial, weigh-ins, food charts and adding exercise to their routine. They are what you all can be if you want and, will be if you try.

A KOPS didn't just wake-up one morning and find themselves in a size 10 or 12. They didn't just suddenly lose their desire for chocolate cake, French fries and pizza. They never did find a cure for shattered nerves when things go wrong. A KOPS just worked, plugged along, looking only to the next TOPS meeting where they hoped they would show the loss of even a small amount. Their stomach growled from hunger pangs, and sometimes frazzled nerves went uncomforted with excess food.

A KOPS is an overweight person who came to TOPS for help, and gave it. A KOPS is a KOPS because of your support, it is your encouragement that helps make your members a KOPS. A KOPS is living proof of what each of you can do and be. They sat where you are sitting, and felt the pain of overweight as you sometimes do. They hoped like you hope and wished like you wish, that one day they would make goal. They often watched other KOPS as you now watch them, and silently renewed their pledge to one day reach their goal.

Our KOPS are our lighthouse, standing strong for all to see, they send out a beacon in order for you to follow. A lighthouse doesn't run around an Island looking for a boat to save. It just stands there shining.

Being a KOPS is not easy and sometimes is a struggle, (my add- **SOMETIMES HARD BUT SO WORTH IT**) Sometimes KOPS need an anchor, their tops chapter members.

KOPS are to be looked at with pride, inspiration and someone we should all strive to be.